

Inaugural Lecture



UNIVERSITY  
OF MALAYA  
KUALA LUMPUR

# Spiritual Psychology

## An Interdisciplinary Field

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Professor Dr. Akbar Husain  
Department of Educational Psychology and Counseling  
Faculty of Education, University of Malaya





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Perpustakaan Universiti Malaya



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Member, Asian Association of Social Psychology  
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Islamic Psychology  
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# Spiritual Psychology: An Interdisciplinary Field

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## Summary

Throughout history, spirituality has been a major divine force in all religions of the world, cultures and traditions. Spirituality has, of course, quietly influenced the Asian culture and traditions over many centuries in the form of spiritual healing and practices. Spirituality is one of the most important sources of strength and direction in people's lives. This is a human phenomenon which exists in almost all persons.

Spiritual psychology covers a number of dimensions related to theory, practice, training, and research. By providing a better understanding of spiritual aspects of human behavior and experience, spiritual psychology can be helpful and beneficial both to individual and society, and in achieving unity of all being. The speaker will highlight the following concepts- What is spirituality and spiritual psychology?, emergence of the field, spirituality in Islam, spirituality versus religion, spirituality and science, spirituality and health care, spiritual counseling, and spirituality in the workplace - in his lecture. It is crucial to inform and educate psychologists about the spiritual approach to psychology and to continue to study, to conduct research, to start practice and to impart training following this point of view.



*"Entering the spiritual path is like shooting an arrow at a point one cannot see, so that one does not know what the arrow is going to hit; one only knows one's own action, and does not see the point aimed at."*

*- Abu Hamid Al- Ghazali*

*The knowledge acquired by religion is limited and is easy to digest; but the wisdom acquired by spirituality extends to infinity.*

*(Akbar Husain, 2005)*



Spirituality is ancient and perhaps the first scientific study of the subjects. Spiritual psychology is now a thrusting frontier of psychology promoting human potential movement to bring forward the spiritual needs and values of evolving behavior and experience to attain state of consciousness, unity and transformation. Having its basic roots in ways of spiritfulness, recently the spirituality has established a foot hold in diverse topics such as spiritual love, spiritual discipline, spiritual health, spiritual surrender and transformation, spiritual healing and therapy, spiritual diseases and their cure, spiritual practices and rituals, spirituality in workplace, spiritual exercises, etc. (Husain, 2002; 2005).

Spirituality is the fundamental part of our religions and philosophical systems. It is the core of Buddhism, Christianity, Hinduism, Islam, Judaism and all other religions. It is also at the core of every thought system that we as humans have ever created: modern physics, atheism, humanitarianism and metaphysics. This is because we, as humans, all have the same basic needs and wants. Spirituality is concerned with our deepest and most important desires for happiness, unity and peace. Spirituality builds upon personal psychology and well-being.

If we have not experienced the spiritual dimension of life, we should perceive us as the dead persons. Soul or spirit is non-physical but even then it is everything about us; our values, our experience, our hope, our strength, and our life. Our spirit cannot die. This is not a religious dogma but is a scientific fact. Our soul or spirit is immortal because this is non-physical and not subject to death.

In the East, attempts to know man his mental process and actions i.e., behavior, have existed from the times of Vedas (4000 B.C). A spiritual aspect of human behavior which occupies a major space in Vedas has now been realized by Maslow (1970) that every individual is born with spiritual needs a longing for transcendental experience. Spiritual practices are influenced by the East, mainly Yoga and Zen. They are indirectly influenced by the teachings of some Eastern spiritual masters.

Carl Jung (1959) wrote a book called *Modern Man in Search of a Soul* wherein he talked about four stages that people go through to reach maturity. The highest stage is the stage of the spirit. In this stage, you recognize that you are in this world, but not of this world. You recognize that you are not a human being having a spiritual experience, but you are a spiritual being having a human experience. In a sense, this life is all very temporary, this life is like a garage where we park our soul for a time, but our inner spirits are not so confined. When you are able to live unconditional love you will have achieved this final state.

The scope of spiritual psychology is very vast which covers all aspects of human behavior and spiritual experiences from lowest to highest and from normal to supernormal. Spiritual psychology is growth oriented and



futuristic. A person can obtain higher levels of intellectual functioning and strengths through exercising cognitive, behavioral and religious practices. Spiritual psychology possesses the feature of universal application to humans, irrespective of religion, caste, race, gender, culture etc.

Spiritual psychology has led to his applications with varying degrees in almost all walks of life broadly speaking, therapeutic, educational and industrial. A large number of psychologists and medical professionals in western culture are operating in various organizations and this attests to the value of their skills. Psychology has shown its ability to conduct empirical studies with great precision because psychologists are sophisticated in the knowledge of science and in the methodology of science being applied to their field. Thus, there are ample reasons to say that the achievement of spiritual psychology, its applications and the framework of efforts made are certainly considerable.

## What is Spirituality?

Spirituality is one of the most important sources of strength and direction in people's lives. Spiritual side of human nature remains important to Asian lives. A number of important psychologists such as William James, Carl Jung, Gordan Allport and Abraham Maslow have considered spirituality as part of their theory of human behavior. Spirituality is a human phenomenon, which exists in almost all persons. The view of a spiritual dimension to human kind is receiving increasing support (Gilder, 1997). To define spirituality is not an easy task. Spirituality is complex and has many dimensions. Spirituality like personality, character, temperament or health is an attribute of individuals. It can be defined variously.

Spirituality refers to the relationship with self, others, God and the universe.

Spirituality refers to the relationship between me and others, and between me and God.

Spirituality helps people in: reaching and exploring challenges, seeking personal truth, developing the sense of unity of life and developing a personal philosophy.

Spirituality develops a sense of higher consciousness that connects the creator and the created.

Spirituality is an inner belief system which concerns the essence of my being.

Spirituality brings a feeling of unity with nature and people.



Spirituality is a strength which helps in searching the existence of God.

Spirituality is unique to each individual, influenced by culture, development, experiences and ideas, meaning, transcendent, hope, love, quality, relationship, and existence.

Spirituality is the source of self-confidence, without which nothing is accomplished.

Spirituality defines the vision of who we are as human beings (Huddleston, 1992).

Wong (2006) defines spirituality as "the motivational emotional source of an individual's quest for a personally defined relationship with people and the non-human environment; for some it includes a connectedness with a higher being, leading to enhanced feelings of well-being, inner peace and satisfaction" (p.624).

In the case of Muslim-Malay adolescents, spirituality is connected with spiritual values such as charity, contentment, dignity, forbearance, fortitude, justice, humility, kindness, loving, modesty, peace, piety, reliance on God, repentance, righteousness, sacredness, sincerity, steadfastness, trusting, truthfulness, unity and wisdom which are responsible for the spiritual development. From this perspective, adolescents' view of spirituality has an important influence on their values (Husain, 2007).

## **What is Spiritual Psychology?**

Spiritual psychology is the science of being happy, complemented by new science and new biology; its foundation is the rock of ancient knowledge, its methodology is 21<sup>st</sup> century art, its functionality enables perfect health, mind, body and soul. Science, art and spirituality unite creating a conscious vision through the purification of consciousness.

Qur'an has a complete knowledge of behavior and experience which contains much psychological insight and become a way of life. On any psychological issue it has such a mountain of many faceted views that perhaps no aspect seems to have remained unexplored. The highest product of spiritual psychology has discussion on the varieties of mental processes with multifarious techniques (e.g. Yoga, meditation), the modification and elevation of human behavior and lifestyle. From the vantage point of view of Islam, spiritual psychology is the code or a way of life and not a way of thought.

Spiritual psychology is the study and practice of the art and science of human evolution in consciousness. Spiritual psychology walks with consciousness in both its depth and breadth. Its foundation lies in the ancient



knowledge. It has a sound basis in metaphysics, theoretical and philosophical psychology and ancient philosophy combined with cutting edge science and the latest breakthroughs in cellular biology. Spirituality helps us to heal our consciousness through self development. It provides the tools and techniques for the process of reflection used to empower individuals to honestly review and learn from their own experiences. This is about learning from self and having the courage to own what we feel and create.

The very nature of spiritual psychology is a therapeutic relationship based upon involved partners working together in a frame of friendship and common purpose. Equals sharing experiences and their hearts for mutual benefits, when we nurture others, it stimulates own growth. This is a field of psychology which is based on a holistic philosophy that has a spiritual heritage in the first principles of the universe and its natural spiritual laws. Through the use of spiritual healing methods, one is able to heal the body, mind, heart and soul. It has effective and sustainable results.

Spiritual psychology is an examination of the relationship between human and Divine Mind and the role of mind in attracting abundance, achieving inner serenity and spiritual growth (The Divine Science School, 2004, Washington DC).

The field of spiritual psychology focuses on understanding the ways of spiritfulness (i.e. believing in sacredness, unity and transformation), the knowledge of the self; use of prayer, meditation, spiritual practices as the techniques for the treatment, assessment of spiritual diseases, etc. This field is unified in two respects: (a) it is linking body, mind, heart, and spirit; and (b) it establishes the relationship between theory and practice. Spiritual psychology has intimate relation with both the metaphysical and psychological sciences (Husain, 2005).

According to K. Ramakrishna Rao (2005) spiritual psychology is defined as the study of mind/consciousness at the point of science-religion interface. Spiritual psychology is the discipline that studies the way of knowing and realizing the self. In the Indian tradition it is asserted as *atmanam viddhi*. The duty is to know the self. Spiritual psychology aspires for total transformation of the person to achieve higher levels of awareness and excellence.

According to Abbas (2007) spiritual psychology is based on pure religious treatment and follows the Prophetic tradition: Allah has created this soul and knows its cure as well.

Husain, Hashim and Rosli (2008) define *spiritual psychology as an applied field which focuses on the knowledge that a person has or possess in terms of beliefs, resources, experiences, and behaviors; and the importance he gives to spiritual practices and rituals in order to increase his well-being (p.270).*



## Emergence of the Field

Spiritual psychology is a response to the global need of maintaining harmony and peace within the self. This is essential for the more peaceful highly globalize world. As a discipline it informs us who we are as spiritual being –loving, peaceful, compassionate and forgiving- and having a unique human experience. In the present century, spirituality is more important than political action, in regard to bring harmony and peace in the society. The future of spiritual power will reside in the Third World Countries, according to their value systems, and the scientific endeavors based on tradition of existing society. I cannot contemplate but suppose that there is a growing pressure of necessity for a spiritual power entirely dependent on the individuals and their morals. We see that the grand characteristic of human and nation progress is in the Malaysia, amidst a civilization which stood much nearer to the cradle of human society. All the wise now admit that Malaysia is a truly Asia.

## Spirituality versus Religion

Religion is the state of doing.

Religion is like a cage.

Religion is restrictive in the sense that it is bound by scripture, rites and rituals. It is external.

Misuse of religion leads to is communal disharmony and violence.

No religion to hurt or harm. It is the misinterpretation of religion that gives it a bad name, leading to divisions.

Religion is outer rituals and habits, a way of life.

Religion is out.

Spirituality is the state of being.

Spirituality is the bird. The bird of spirituality has the freedom to establish direct link with the Absolute Spirituality is all about inner purity where love is unconditional, faith undivided and the mind is above matter.

Spirituality is soul search; it can only lead to peace and harmony with oneself and with society and nature. Spirituality is free of dogma.

Spirituality is the quest for the source of life, going back to the source, knowing deep within us we are part of the divinity.

Spirituality is in.



## Spirituality and Science

Spirituality and 'Science' are two forms of knowledge marked by their own domains – 'spirit' and 'matter', the unobservable and observable, the non-quantifiable and the quantifiable, the self and the other. 'Science' in the sense of 'knowledge obtained by observation and testing of facts' has led to the formation of disciplines such as natural and applied sciences while 'Spirituality' investigates the non-material realm and produces disciplines such as metaphysics and theology (Kapoor, 2008).

There is no doubt, that "the present modern civilization have made great contributions to humanity's development in the field of sciences and technology, is primarily materialistic and is considerably far from satisfying humanity's perennial needs" (Gülen, 2005, p.307). Spangler, a Sociologist, has predicted that this civilization "cannot last for long" and its collapse on the grounds that it is against human nature and values. "The bright world of the future will be built on the firm foundation of the wedding of sciences with faith, spirituality and morality, and it will also attach due importance to basic human values and rights. Islam will make the greatest contribution to this world" (Gülen, 2005, p.307).

Science has worked wonders for the materialistic world, and yet its very success has also sown the seeds of destruction. Science has unearthed the secrets of atomic and nuclear forces; but that has unfortunately led to its uses for building weapons of mass destruction. Dr. Martin Luther King Jr. remarked that, "The means by which we live have outdistanced the ends for which we live. Our scientific power has outrun our spiritual power. We have guided missiles and misguided man ...." As a Psychologist, I think it is high time we pause to ponder some vital issues, challenges and directions concerning the Spiritual Psychology and future of humanity and unity of all being.

Imam Shafi, was having immense knowledge in the science of Shari'ah, and was also a skilled physician. He said: "After science which distinguishes between what is *halal* and what is *haram*, I know of no science which is nobler than that of medicine." Imam al-Shafi stresses that there is no knowledge after the knowledge of lawful (*halal*) and unlawful (*haram*) except the science of medicine. This indicates that the spirituality as the science of medicine should be considered as one of the noble sciences directly after the knowledge of *halal* and *haram*.

There are some evidences related to believing in spirituality. God has supported His last Prophet Muhammad (S.A.W) with many miracles and much evidence which proves that he is a true Prophet sent by God. Also, God has supported His last revealed book, the Holy Qur'an, with many miracles that this Qur'an is the literal word of God, revealed by Him, and that it was not authored by any human being. Spirituality in relation to science discussed about the scientific miracles in the Holy Qur'an. These



are on the: human embryonic development, mountains, origin of the universe, cerebrum, seas, rivers and internal waves, clouds, etc.

It was the teaching of the Prophet (S.A.W) that turned the attention of the Arabs to the studies of science and literature and the nucleus thus formed in his lifetime grew into universities of which the most famous were those of Baghdad, Salerno, Cairo and Cordova. Here are a few of the many *obiter dicta* on the Prophet (peace be upon him) on this topic: "To attend a lecture on science and learning is more meritorious than attendance at a thousand funerals of the martyrs, more meritorious than standing up praying for a thousand nights." "To one who goes forth in the search for knowledge God allots a high place; every step he takes is blessed, and every lesson he takes is rewarded." "It is better than religious exercises to listen to the words of learned and instill them in the heart." "The greatest ornament given is learning." "He who dedicates his life to learning never dies." In a hadith qudsi, the Prophet relates from God: "At the end of time I will cause knowledge to be obtained by everyone, men and women, slave and free, and old and young." (Darimi, Muqaddima, 27)

## Spirituality and Healthcare

Prophet Dawud (pbuh) said:      Health is a hidden kingdom.  
     Health is an invisible luxury.  
     Health is a crown on the heads of the  
     healthy that only a sick can see.

Spiritual health is as important, as the physical, social and mental health. The physical, social and mental health depends on our meaningful life and success in this world, but the spiritual health depends on our success and salvation both in this world and hereafter. Spiritual health characterizes the growth of a believer in the 'fruit of the spirit' which is *love, joy, peace, gentleness, goodness, faith, meekness, temperance, righteousness and truth*. Spiritual health includes all the efforts spent on achieving optimal physical health. Spiritual health is achieved when a person finds a balance between life values, goals, belief systems and their relationship within themselves and with others ability to care meaningfully for others and self.

Focus on specific health promoting behavior, spiritual exercise (i.e. meditation, prayer) is considered to modify the outcome criteria of wellness, as it is considered the gateway of realization. Meditation is scientific procedure for promoting cognitive growth by widening the horizons of consciousness. Spirituality promotes the dynamic aspects of self and optimizes awareness for maximization of wellness. A qualitative shift of awareness is a transformative process of consciousness, and a meditative state. The meditator who sets out to sharpen his/her awareness of awareness



soon realizes that awareness is inseparable from other aspects of experiences and existence. Spiritual health can be obtained by perfection of technique of meditation.

Meditation is only the way through which we can acquire knowledge about the pure Being. When we transcend, we know nonverbally without the use of words. Meditation gives us the experience of pure Being, although the experience of pure Being is in itself an expression of pure bliss and pure joy. "The main advantage of alternating the experience of meditation with activity is that the more we dive into the field of pure Being, pure awareness, pure consciousness, the more our activity becomes infused with it. And then our activity acquires the qualities inherent in pure Being, in pure consciousness; infinite, unbounded, abundant, affluent, and immortal." (Chopra, p.48)

Prayer and meditation have limitless spiritual resources to move you toward your fulfillment in life. These have unlimited power to develop spiritual strength which lies within us. These spiritual exercises keep one's heart and mind completely on the right track. These exercises develop discipline in us and connection to the God.

Spiritual diseases such as envy, jealousy, hatred, conceit, suggest the acceptance of spiritual practices and rituals as the solution or treatment of such diseases. The application of spiritual practices and rituals, viz., prayer, fasting, pilgrimage to holy shrines, remembrance of God, *wird*, access, hymns, *Qawwali*, etc. and their significance depends on intangible 'human factor' i.e. the 'attitude' formed on experiential basis. Many of these practices emphasize the inner or natural processes like growth and transformation of energy. Medical and mental health practices rely more on repair strategies of short-lived cure for diseases rather than promotion of health and well-being.

Physician Sulmasy (2006) sees illness as a spiritual event which disturbs both the body and soul. An illness raises transcendental questions which are spiritual in nature such as meaning, value and relationship. How healthcare professionals answer these questions will eventually influence the way they help their patients in addressing these issues. He reminds healthcare professionals to rediscover the meaning of healthcare as a spiritual practice if they want to be true healers.

Spirituality is the inner dimension of Islam helps in developing healthy personality and suggests the ways to people how to maintain spiritual health and discipline through Islamic practices. Ever since the revelation, human beings have found answers for their intellectual problems, cures for their spiritual diseases, and models for their behavior in the Qur'an. Islam has produced countless Saints or Sufis. Some of the notable saints are: 'Abd al Qadir al-Jilani, Shah Naqshband, Maruf al-Karkhi, Hasan Shazili, Ahmad Badawi, Shaykh al-Harrani, Ja'far al-Sadiq, Junayd al-Baghdadi, Bayazid



al-Bistani, Muhy al-Din al-'Arabi, and Maulana Jalal al-Din al-Rumi. They have trained others to purify their selves. They were practicing distant and contact healing procedures.

## Spiritual Counseling

I look spiritual counseling as medicine. For different diseases, doctors prescribe different drugs. Therefore, not everyone's spiritual diseases or problems are the same, different spiritual remedies are required (Akbar Husain, 2005).

Advice or support for a person to more fully experiences her or his spiritual nature. The major focus of spiritual counseling is upon aspects such as faith, devotion, wisdom, compassion, spiritual techniques (e.g. prayer and meditation) and spiritual experiences. In general, counseling works best through respect. The person giving advice is at heart, really not much different than the person asking for it! Only the counselor usually has had more experience about the topic being discussed. When that topic is related to spirituality, the aim is to empower a basically well-adjusted person to further his or her growth towards recognizing and becoming part of the larger experience that we call life (or life depending on our way of thinking).

According to Rudman (2002) "Spiritual counseling is about helping you to view and make sense of your life from a spiritual perspective, which is often different from a physical, day-to-day perspective. It is a positive, creative approach and is designed to help you turn life's *adversities* into valuable spiritual development tools. In addition to this, it's about helping you to tune into your own spiritual guidance so that you may begin to find your own answers and in so doing, fulfill your life purpose and manifest your dreams".

Ingersoll (1994) states that counselors interested in working well with clients committed to a spiritual view can best do so by affirming the importance of spirituality in the client's life, using language and imagery in problem solving and treatment that is congruent with the client's world view, and consulting with other healers in the client's life. This process calls for cultural sensitivity as well as ethical practices of the highest standards.



### ***What do Spiritual Counselors do?***

The role of spiritual counselor is:

to assist counselee in strengthening his connection to his Divine Source resulting in receiving the perfect answer for him

to be "truly helpful" by allowing counselee the freedom to explore and share what is in his mind and heart

to heal the painful and difficult problems of life with love, passion and integrity

heal emotional trauma and abuse

know unique purpose in the world and how to achieve it

to help and develop a clear and realistic plan with God to accomplish a career and personal goals

release guilt, fear and other emotions and limiting beliefs

to give practical advice to counselee on how to heal his personal relationship

the desire for a life with a sense of purpose and inner peace

to deal the health concerns with death and dying

to help in discovery as well as in the recovery concerning the client's problems of adjustment and coping with trauma of loss

to enable a client to develop his personality so that he is able to face difficulties of his day-to-day life problems.

### ***Benefits of Spiritual Counseling***

Spiritual counseling helps to the counselee in personal growth in terms of:

feeling completely restored and filled with peace

stronger sense of connection with God and himself

deeper understanding of how the life circumstances are presently serving

knowing the next step spiritually in the world

knowing all the questions fully answered, regardless of their nature (i.e. personal and social)

profound knowingness of how loved and acceptance truly are in God's eyes

renewed sense of clarity and purpose in life

compassionate listening

application of spiritual principles (i.e forgiveness and gratitude)

discovering life passion and in finding ways to create a path to achieve life goals

encouraging intimacy and support aliveness

## **Spirituality in the Workplace**

**Prophet Muhammad (S.A.W) said: "God loves a believing, skillful servant".**

The topic of spirituality in the work place is gaining importance among academicians as well as business professionals currently. Spirituality is extensively incorporated either tacitly or explicitly in public or private, and profit or non-profit organizations across the world.

Workplace spirituality recognizes that people have an inner life that nourishes and is nourished by meaningful work that takes place in the context of community (Ashmos & Duchon, 2000). Organizations that promote a spiritual culture recognize that people have both a mind and a spirit, seek to find meaning and purpose in their work, and desire to connect with other human beings and be part of a community.

There are multiple definitions in literature for workplace spirituality. Depending on their interests and disciplines, theorists include words like energy, meaning, and knowing in their explanations; others explain that workplace spirituality comes into play when we decide to do what's right (whatever that may be); yet others explain that spirituality at work is about employees who understand themselves as spiritual beings whose souls need nourishment at work. An overall theme seems to be "connectedness," and a search of the working souls for depth of meaning and significance under the surface appearances of things in our world.

Spirituality is not viewed only in terms of specific health behavior of individuals, broadly as dynamic transaction between individual and self. In order to analyze transactions between organizational health and behavioral patterns of personnel, it is necessary to emphasize the spiritual values of the personnel that promote personal and collective well-being. Organizational health can be managed when environments are personally controllable, self-regulating and predictable. Organizational health and management strategies typically emphasized the work-related values and personal values, and lifestyles modification program oriented toward individual workers. The scope of spirituality in the workplace or



organization could be enhanced if we include a broader and more robust ways of intervention strategies (i.e., spiritual counseling, meditation, napping, etc.) than those emphasize entirely on employees assistance.

Prophet Muhammad (S.A.W) said on this topic:

“One hour of meditation on the work created by God is better than seventy years of prayer.”

The Qur'an declares: Say: "Work; and God will surely see your work, and the Messenger and the believers" (9: 105). Moreover, The Messenger declares: "When you do something, God likes you to do it perfectly".

Spirituality has a direct bearing on our job performance, balance in our quality of personal, family, and work life. Spirituality helps us to develop our vision, effectiveness and leadership skills. It improves our performance and enables us to get involved in personal growth and learning interpersonal relationships skills.

The place of spirituality in the workplace may have tangible benefits: healthier organizations can do better for their workers, or employees. They may face challenges in a more ethical manner and introduce spiritual practices in their workplaces, to face dissatisfaction and organizational stress of the employees. It is time for government and private organizations in Malaysia to draw attention upon their great ancient spiritual traditions in order to bring spirituality in the workplace. Spirituality at the workplace can be considered necessary for managing stress at the individual and organization level. Those who believe that "work is worship" should do hard work and shape their skills. Whatever our job description, we should face the challenge and try to bring satisfaction, equality and joy to the work world. There are eight principles of spirituality in the workplace. They are: spirituality is creativity, spirituality is communication, spirituality is respect, spirituality is vision, spirituality is partnership, spirituality is energy, spirituality is flexibility, and spirituality is finding you.

## Conclusion

The field of spiritual psychology, like different fields of applied psychology, is ever expanding. New horizons are emerging to cover not only the various theoretical demands but also to meet training and therapeutic aspects.

Spiritual aspects of human behavior have been dealt in detail in Qur'an. It emphasize that every individual is born with spiritual values as an ideal personality. I hope that this lecture will stimulate researchers and



professionals to execute researches in the field of spiritual psychology and treatment of disorders through spiritual counseling and therapies.

Human faculties, affective as well as intellectual can be developed only by spiritual exercise i.e., prayer, meditation, pilgrimage to Holy Shrines, etc., which teaches the habitual practice of goodness. Spiritual exercises are more favorable for the development of spiritual strengths and power, and inner resources or consciousness. These attaches devotedness, unity and connectedness with the God. Spirituality in relation to the maintenance of discipline of the body, mind, heart and spirit may be regarded as still in a state of infancy while its laws are supernatural and are derived from religious traditions and from a wise estimate of nature.

Spiritual psychology is one of the most important fields today in the context of the present day turmoil all over the world. I hope that Spiritual psychology will emerge as one of the frontiers of Psychology of the 21<sup>st</sup> century. Spirituality is associated with its high ideals of service to mankind, love for humanity, and in managing human resources. This new field will open up whole new vistas for humaneness.

O' God, Lead me from Religiousness to Spirituality.  
The light of Spirituality is brighter than that of Religion.



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- Husain, A., & Hashim, O. Spiritual virtues as the resource for the development of Islamic leadership. International Seminar on Islamic Leadership 111. Academy Islamic Studies, University of Malaya, Kuala Lumpur, 10-11 July, 2007.



- Husain, A. Spiritual values among Muslim–Malay adolescents. 7<sup>th</sup> Biennial Conference of Asian Association of Social Psychology (AASP). University Malaysia Sabah, Kota Kinabalu, 25-28 July, 2007.
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- Husain, A., Hashim, O. & Rosli, N.A. Spiritual orientation among Malaysians. International Seminar on Spiritual Psychology, Faculty of Education, University of Malaya, 24-25 August, 2007.
- Husain, A. What is good for parents for the development of moral behavior of children? Spiritual Virtues! International Seminar on Educational Management, Faculty of Education, University of Malaya, 27-29 November, 2007.
- Husain, A. Role of spiritual values in the spiritual development. World Congress on Psychology and Spirituality. India Habitat Centre, New Delhi, January 5-8, 2008.

## **Research Project Completed**

Identifying Spiritual Values based on the Qur'anic concepts among Muslim Adolescents of Malaysia

IPPP, University of Malaya, Kuala Lumpur, MALAYSIA

1 year 2006-07

## **Psychological Test Standardized**

Spiritual Orientation Inventory

**International Seminar Organized:**  
**Spiritual Psychology August 24-25, 2007.**